

K FIT CLASSES

Day	Time	Class	Instructor
Monday	19:00 - 20:00	Yoga	Claudine
Tuesday	18:30 - 19:15	Spin	Trevor
Wednesday	19:00 - 20:00	Yoga	Claudine
Thursday	18.00 – 19.00	Self - Defence	Vida
	19.00 - 20.00	Pilates	Judith
Saturday	09:15 - 10:00	Spin	Trevor